BODYCRAFT

GX



Standard Weight Stack Is 150lbs. Optional 50lbs. Upgrade Shown As Light Gray.

Exercise Stations and Features

Bench Press Station with adjustable starting point. This allows for different size users and also provides a variety of exercises including Bench Press, Incline Press, Shoulder Press and Mid Row. Seat and seat back are adjustable. Back pad tilts to ensure full support when performing incline and shoulder presses.

Cable Station with adjustable arms, allows for a very wide array of exercises including Functional Training, Sports Specific, Core Training, and exercises that mimic Dumbbell Training.

Ab Crunch Station for abdominal training.

Low Pulley Station with foot plate for Low Rows, Abductor and Adductor Leg Kicks, Arm Curls, Upright rows, etc.

High Pulley Station for Lat pull Downs, and Triceps Push Downs.

Leg Extension and Curl Station provides Seated Leg Extension and Standing Leg Curl.

Sealed, internally lubricated bearings for exceptionally smooth performance.

Optional Leg Press attachment for full leg development.

Space saving design allows placement against a wall.



Optional Leg Press

Floor Space: 54" X 48" X 83.5"
Suggested User Space: 71" X 64" 83.5"
With Optional Leg press: 75" x 73" x 83.5"

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